

GYE - Guard Your Eyes

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Spending too much time on GYE!

Posted by lcheirus - 26 Feb 2015 22:04

Does anyone else have this problem? How do you deal with it?

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Re: Spending too much time on GYE!

Posted by Gevura Shebyesod - 26 Feb 2015 22:07

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Re: Spending too much time on GYE!

Posted by cordnoy - 26 Feb 2015 22:13

[lcheirus wrote:](#)

Does anyone else have this problem? How do you deal with it?

The way I deal with my other addictions... by spending time on GYE!

Nope. Sorry.

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Re: Spending too much time on GYE!

Posted by tealhill - 27 Feb 2015 01:22

Spending too much time on forums (even if you just read instead of posting) can be a real time sink. You can start out with self-control software; if that turns out not to be enough, you can take additional measures.

The advice [here](#) may help.

How much of your time do you spend online?

Also, please keep us updated on what you try, and how well things work out for you. Simply reply below.

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Re: Spending too much time on GYE!
Posted by lcheirus - 27 Feb 2015 01:26

Great advice! I think I'll try a break reminder first

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